





June 2008

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Lettuce

Whether in your salad or on your burger, Colorado lettuce is a popular summer vegetable.

Colorado ranks third nationally for lettuce, with annual production totaling nearly 45 million pounds.

Look for lettuce with crisp leaves that are not wilted and are free of brown spots. Lettuce is fat free, very low in sodium and high in the antioxidant Vitamin A.

Look for Colorado lettuce at your local grocery store, farmers' market or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

Terra (Earth) Salad

Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.

- 1 Head Romaine Lettuce, finely sliced
- 2 Balls Fresh Buffalo Mozzarella, sliced
- 1 Yellow Hothouse Tomato, diced
- 1 Red Hothouse Tomato, sliced

Olive Tapenade to taste

Sea Salt to taste

White Balsamic Vinegar to taste

Olive Oil to taste

On a plate, place a slice of red tomato and top with the shaved romaine lettuce. Top this with 2 slices of the mozzarella and 1/4 of the diced yellow tomato. Garnish with a small amount of olive tapenade to taste and finish with the sea salt, vinegar and oil. A very light spring salad.

Enjoy with a Colorado wine, such as a glass of Juniper Berry Mead from Redstone Meadery, located in Boulder, Colorado.



Next Month... Sweet Corn